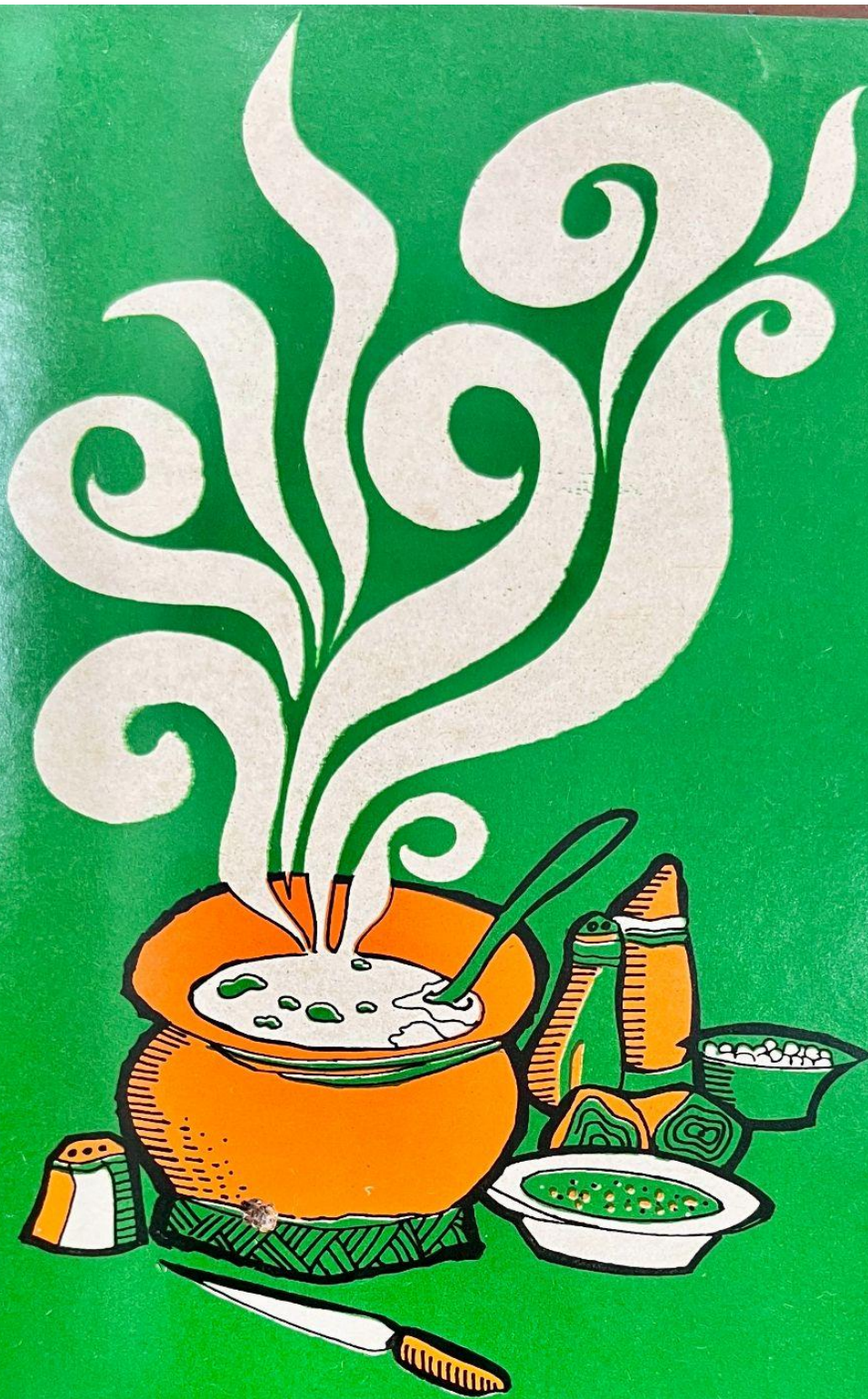




36 WAYS OF COOKING SOYBEANS

"the meat that grows on vines"

By: LU. ONATE, A.R. AGUINALDO, J.S. EUSEBIO

No part or parts of this bulletin
may be reproduced without the
permission of the publisher.

Published by the
Department of Development Communication in cooperation
with the Department of Home Technology, College of Agriculture
U. P. at Los Baños, College, Laguna, Philippines

36 Ways of Cooking Soybeans

**By L. U. Oñate, A.R. Aguinaldo
and J.S. Eusebio**

*College of Agriculture
University of the Philippines at Los Baños
College, Laguna, Philippines*

TABLE OF CONTENTS

ACKNOWLEDGMENT	iii
----------------------	-----

INTRODUCTION	1
--------------------	---

GREEN SOYBEANS

Cooking Tips:

How to Blanch, Shell and Store Green

Soybeans	2
----------------	---

In Soups:

Green Soybean Soup with Malunggay	3
---	---

Green Soybean Soup with Clams.....	4
------------------------------------	---

Rice-Green Soybean Soup	4
-------------------------------	---

In Main Dishes:

Green Soybean Guisado	5
-----------------------------	---

Green Soybean Guisado with Sorghum	6
--	---

Green Soybean Guisado with Corn.....	7
--------------------------------------	---

Green Soybean with Sotanghon	8
------------------------------------	---

Green Soybean Menudo	9
----------------------------	---

Green Soybean in Tahure Sauce	10
-------------------------------------	----

Green Soybean Omelet.....	10
---------------------------	----

Green Soybean Fresh Lumpia No. 1	11
--	----

Green Soybean Fresh Lumpia No. 2.....	12
---------------------------------------	----

Green Soybean Ukoy	13
--------------------------	----

In Salads:

Green Soybean-Carrot Salad.....	14
---------------------------------	----

In Desserts and Snacks:

Green Soybean Guinataan	15
-------------------------------	----

Green Soybean Halo-halo with Sorghum Topping.....	16
--	----

TABLE OF CONTENTS

DRY SOYBEANS

Cooking Tips:

How to Shorten Cooking Time of Dry Soybeans.....	17
How to Sprout Soybeans.....	18

In Soups:

Soybean Soup with Malunggay.....	19
Soybean Soup with Clams.....	20
Soybean Balls Soup.....	21

In Main Dishes:

Soybean Guisado.....	22
Soybean in Tahure Sauce	22
Soybean Balls.....	23
Soybean Loaf.....	23
Soybean Embutido.....	24
Soybean Ukoy	25
Soybean Sprouts with Sotanghon.....	25

In Desserts and Snacks:

Soybean Guinataan	26
Rice Guinataan with Soybeans.....	26
Soybean Ice Candy.....	27
Soybean Coffee	27
Soybean Milk	28
Soybean Polvoron	29

ACKNOWLEDGMENT

The authors are grateful to the following:

The assistants who patiently tested and re-tested the recipes until these were acceptable to majority of the evaluating panel: Mrs. Nieves A. Lantican, Mr. Andreo C. Bote, Misses Concepcion L. Lim and Zenaida S. Dimla.

The staff members of the Department of Home Technology, students on the UPCA campus and personnel of the BPI Economic Garden who painstakingly evaluated the recipes and gave suggestions for their improvement.

The IRRI Multiple Cropping Section (through Dr. Richard Bradfield and Mr. Gordon Banta) and the BPI Economic Garden (through Mr. Federico Ballon and Mr. Benjamin Legaspi) for supplying the soybeans.

The DHT Food and Nutrition Research Personnel for their invaluable assistance in harvesting and preparing the soybeans prior to recipe-testing.

And last but not least, the Ford Foundation-sponsored UPCHO Graduate Education Program through Dr. Fernando A. Bernardo and the UPCA Upland Crops Project through Dr. Virgilio R. Carangal for supporting this work.

INTRODUCTION

Soybean, commonly known as "utaw" or Chinese "balatong" in the Philippines, is a cheap, useful and highly nutritious legume. Being an excellent source of protein, soybean is often referred to as the "meat that grows on vines". Its protein is of good quality and can be compared to the protein of meat since it provides the essential materials for tissue-building and repair, the structural components of muscles and nerves, bones and teeth, skin, hair, and nails, blood cells and glands. It contains considerable amounts of fats which are rich energy sources for growth, maintenance of body processes and muscular work. It is rich in calcium, the mineral constituent of good bones and teeth. While soybean has long been the "meat" of many Chinese, the Filipino has yet to learn how to use it in its varied forms, besides the already popular "tokua" or "tahure". It is the aim of this bulletin to show how soybeans, in the mature or immature stage, can be utilized through a variety of kitchen-tested recipes that will suit the Filipino palate.

In this bulletin, the green, fresh immature soybeans are referred to as *green soybeans* while the dry mature ones, as *dry soybeans* or simply soybeans.

Soybean has similar soil and climatic requirements as corn. Thus, where corn can be grown, soybeans can be grown, too. When the pods are still green, usually at two months after planting, *green soybeans* are ready for picking. A month later, when the pods are yellow or brown, *dry soybeans* (the mature type) can be picked.

Green soybeans have a characteristic desirable sweet taste and, like fresh peanuts, can be eaten from the pods, simply boiled. The sweetness of green soybeans also renders them useful in dishes where sweet peas are usual ingredients. To preserve this inherent sweetness of green soybeans, it is best to freeze the blanched and shelled beans immediately after harvest. Beans are thawed out only when needed. Shelling is easily accomplished when the pods are previously blanched.

Dry soybeans have the characteristic beany flavor which may be desirable to some people while undesirable to others. This is no problem, however, since there is a wide range of choices in the form soybeans can be served. Previously soaked to reduce cooking time, soybeans can be used like any other familiar dry beans, with "gata" or "bagoong" or whatever other medium is preferred. As soybean sprouts, like munggo "toge", another collection of dishes becomes possible. The flour form also gives way to bakery products ranging from the native to the foreign.

The soybean is a versatile food and can be used in many ways such as soups, main dishes and desserts to the delight of a creative homemaker.

GREEN SOYBEANS

COOKING TIPS

How to Blanch, Shell and Store Green Soybeans

To use green soybeans in dishes the seeds have to be separated from the shells. Blanching facilitates shelling. Freezing of the shelled beans preserves inherent flavors.

Blanching

For green soybean pods:

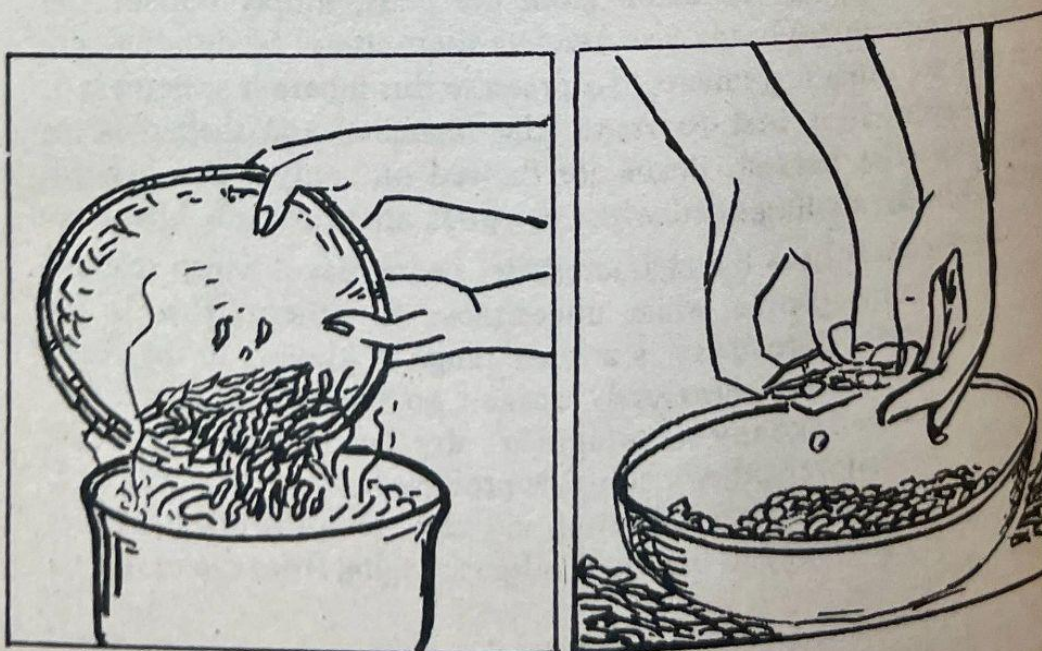
1. Place the pods in boiling water (one part soybeans to three parts water) and leave the mixture uncovered for 1 minute;
2. Cover and continue heating for 3 minutes more.
3. Drain the blanched pods for 10 minutes.

For yellow-green soybean pods:

Same method as above, except continue heating for 5 minutes instead of 3 minutes.

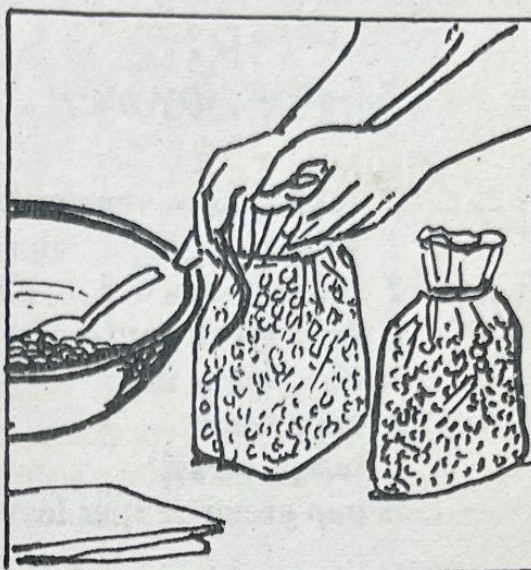
Shelling

Press the pods crosswise or along the sides and edges to squeeze out the beans.



Storing

1. Cool the seeds or beans.
2. Pack in plastic bags.
3. Keep in the freezer compartment of the refrigerator to preserve flavors.



IN SOUPS

Green Soybean Soup with Malunggay

- 1 tablespoon vegetable oil
- 2 tablespoons onion, chopped
- 1 cup green soybeans, blanched and shelled
- 4 cups stock (meat or sarimps)
- 1 tablespoon patis
- 1/3 cup squash, diced
- 1 teaspoon salt
- 1 cup malunggay leaves

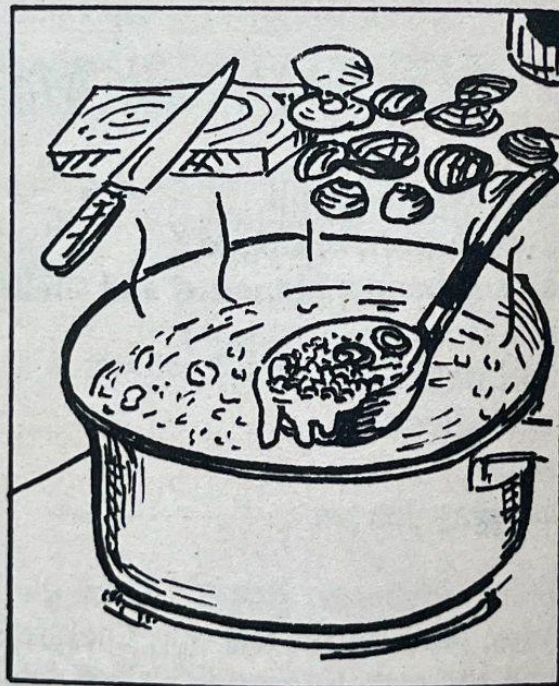
Saute onion and soybeans. Add 1 cup of the stock and patis. Simmer for 5 minutes. Add squash and salt. Cook for 8 minutes. Add malunggay leaves and the rest of the stock. Cook for 2 minutes more. Serve hot.



Green Soybean Soup with Clams

- 2 tablespoons vegetable oil
- 1 teaspoon ginger, sliced thinly
- 2 tablespoons onion, sliced
- 2 cups green soybeans, blanched and shelled
- $\frac{1}{2}$ cup clams, sliced
- 3 cups water
- 1 teaspoon salt
- $\frac{1}{2}$ cup green pepper leaves.

Saute ginger, onion and soybeans. Cook for 5 minutes. Add clams and water. Let it boil for 5 minutes. Add salt and green pepper leaves. Serve hot.



Rice-Green Soybean Soup

- 3 cups meat stock
- 2 tablespoons raw rice
- 1 cup green soybeans, blanched and shelled
- $\frac{1}{4}$ cup meat, boiled and sliced
- 1 cup milk evaporated
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon celery tops, chopped

Boil meat stock. Add rice, stirring until cooked. Add remaining ingredients. Simmer for 5 minutes. Serve hot.

IN MAIN DISHES

Green Soybean Guisado

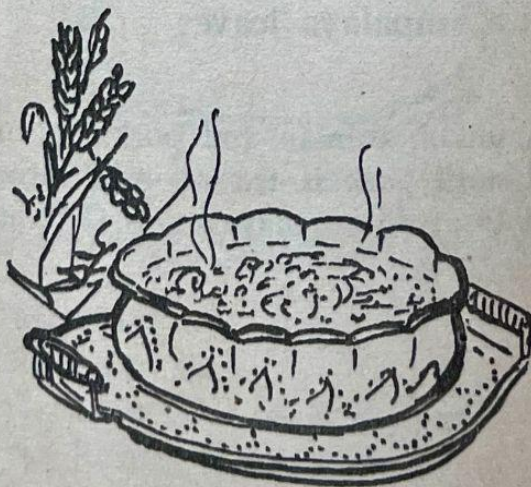
- 2 tablespoons vegetable oil
- 4 segments garlic, pounded and chopped
- 1/3 cup onion, chopped
- 1/3 cup tomato, chopped
- 1/2 cup lean pork, sliced
- 1 tablespoon patis
- 2 cups shrimp juice
- 1/2 cup shrimps, shelled and diced
- 1 cup green soybeans, blanched and shelled
- 1/3 cup ampalaya leaves

Saute garlic, onion, tomato and pork. Season with patis. Add shrimp juice. Boil until pork is tender. Add shrimps and soybeans. Simmer for 15 minutes. Add ampalaya leaves. Cook until done.

Green Soybean Guisado with Sorghum

- ½ cup sorghum
- 1 tablespoon vegetable oil
- 5 segments garlic, crushed
- 1 tablespoon onion, chopped
- ½ cup shrimps, shelled
- 1 cup green soybeans
blanched and shelled
- 2 cups shrimp juice
- 2 tablespoons patis
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup green pepper leaves.

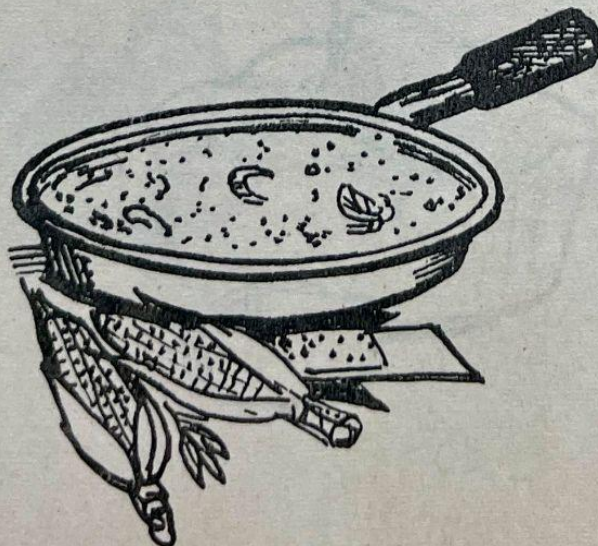
Boil sorghum in 4 cups water for 30 minutes, stirring constantly to make porridge. Saute garlic, onion, shrimps and soybeans for 10 minutes. Add shrimp juice and seasoning. Add sorghum, stirring once in a while to avoid scorching. Add green pepper leaves before removing from fire. Serve hot.



Green Soybean Guisado with Corn

- 1 tablespoon vegetable oil
- 1 tablespoon onion, chopped
- $\frac{1}{4}$ cup shrimps, shelled and
diced
- 1 cup fresh corn, shredded
- 1 cup green soybeans,
blanched and shelled
- 1 cup shrimp juice
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 teaspoons cornstarch dispersed
in 4 teaspoons water
- $\frac{1}{2}$ cup green pepper leaves

Saute onion, shrimps, corn and soybeans. Cook for 3 minutes. Add shrimp juice, salt and pepper. Cook for 5 minutes. Add cornstarch and green pepper leaves. Cook for 2 minutes more.



Green Soybean with Sotanghon

- 2 tablespoons vegetable oil
- 4 segments garlic, chopped
- $\frac{1}{4}$ cup onion, chopped
- $\frac{1}{2}$ cup lean pork sliced
- 1 tablespoon patis
- 2 cups shrimp juice
- $\frac{1}{4}$ cup shrimps, shelled and chopped
- 1 cup green soybeans,
blanched and shelled
- 30 grams sotanghon, soaked
and cut
- $\frac{1}{4}$ teaspoon pepper

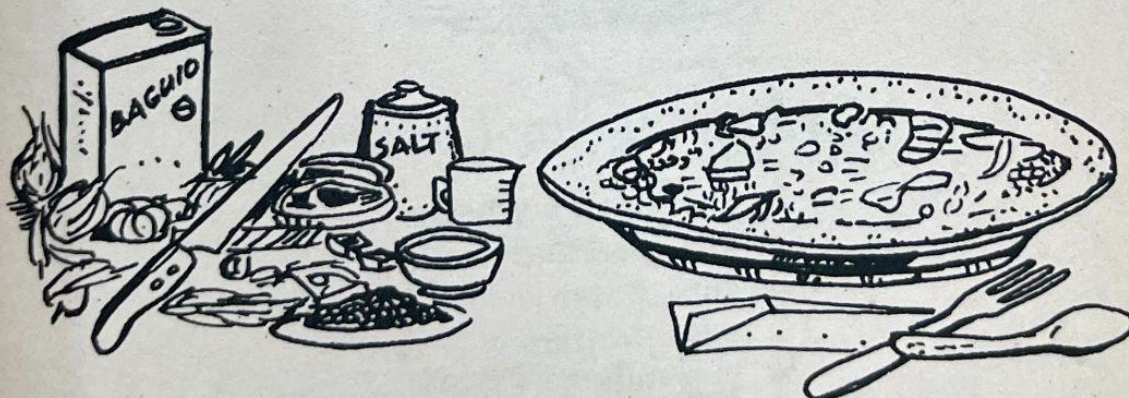
Saute garlic, onion and pork. Season with patis. Add shrimp juice, shrimps and soybeans. Simmer for 10 minutes. Add sotanghon and pepper. Cook until done.



Green Soybean Menudo

- 2 tablespoons vegetable oil
- 3 segments garlic, crushed
- 3 tablespoons onion, chopped
- $\frac{1}{2}$ cup tomato, chopped
- $\frac{1}{6}$ cup red pepper, sliced
- $\frac{1}{2}$ cup green pepper, sliced
- 1 piece bay leaf
- 2 cups pork, boiled and sliced
- 2 cups green soybeans,
blanched and shelled
- 3 cups meat stock
- 2 tablespoons salt
- $\frac{1}{8}$ teaspoon pepper

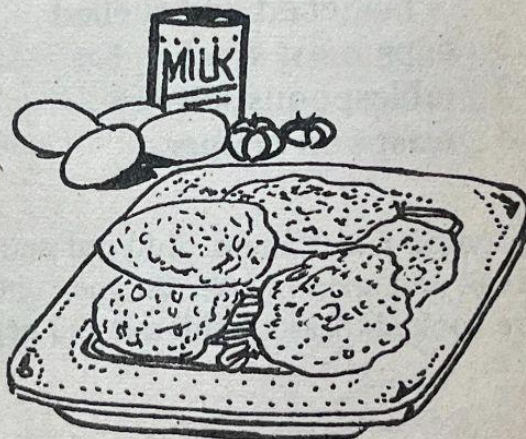
Saute garlic, onion and tomato. Add red and green peppers, bay leaf, pork, soybeans and meat stock. Simmer until sauce is medium thick and beans are cooked. Season with salt and pepper.



Green Soybean in Tahure Sauce

- 2 tablespoons vegetable oil
- $\frac{1}{2}$ cup pork, boiled and sliced
- 1 segment garlic, pounded
- 3 tablespoons onion, chopped
- $\frac{1}{2}$ cup tomato, chopped
- 2 squares tahure, mashed
- 2 cups water
- 2 cups green soybeans,
blanched and shelled

Cook pork in oil until brown. Set aside. Saute garlic, onion and tomato. Add pork. Simmer for 3 minutes. Add tahure and water. Bring the mixture to a boil. Add soybeans. Cook for 10 minutes more. Serve hot.



Green Soybean Omelet

- 1 cup green soybeans
blanched and shelled
- 2 cups water
- 4 eggs, beaten
- $\frac{1}{4}$ cup milk
- 1 teaspoon salt
- $\frac{1}{2}$ cup onion, chopped
- $\frac{1}{2}$ cup tomato, chopped

Boil soybeans in 2 cups water for 10 minutes. Drain and set aside. Beat eggs, milk and salt together. Spread the mixture over hot oil. Add soybeans and remaining ingredients. Fold in two opposite ends of cooked omelet. Serve hot.

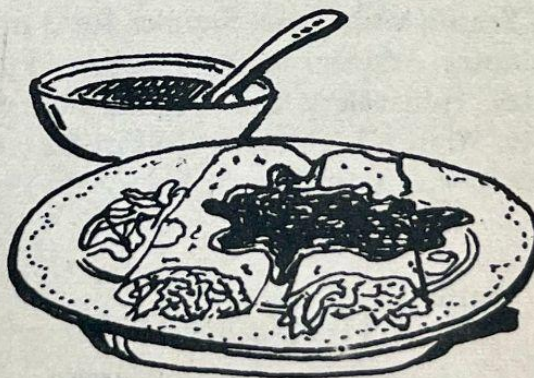
Green Soybean Fresh Lumpia No. 1

- 2 tablespoons vegetable oil
- $\frac{1}{4}$ cup tokua, diced
- 2 segments garlic, chopped
- 2 tablespoons onion, chopped
- $1\frac{1}{2}$ tablespoons celery, chopped
- $\frac{1}{4}$ cup lean pork, sliced
- $\frac{1}{3}$ cup shrimp juice
- 2 tablespoons patis
- $\frac{1}{4}$ cup shrimps, shelled and
diced
- $\frac{1}{2}$ cup green soybeans,
blanched and shelled
- $\frac{1}{3}$ cup yellow camote, shredded
- $\frac{1}{4}$ cup green papaya, grated

Lumpia wrappers

Lettuce leaves

Fry tokua in oil. Set aside. Saute garlic, onion, celery, pork. Cook until pork is tender. Add shrimp juice. Season with patis. Add shrimps and soybeans. Boil for 3 minutes. Add camote and papaya. Cook until done. Cool. Wrap 2-3 tablespoonfuls of cooked mixture in lumpia wrapper with leaves.



Sauce:

- $\frac{1}{2}$ cup water
- 1 tablespoon soy sauce
- $2\frac{1}{2}$ tablespoons cornstarch
dispersed in 2 tablespoons
water
- $1\frac{3}{4}$ tablespoons brown sugar
- $\frac{1}{2}$ teaspoon salt.

In a saucepan, caramelize sugar over low heat. Add all other ingredients and cook until thick. Stir constantly to prevent burning.

Green Soybean Fresh Lumpia No. 2

- ½ cup pork, boiled and sliced thinly
- ½ cup yellow camote, sliced thinly
- 2 tablespoons vegetable oil
- 4 segments garlic, chopped
- ¼ cup onion, chopped
- ½ cup shrimps, shelled and chopped
- 2/3 cup shrimp juice
- 1 tablespoon patis
- 1 cup green soybeans, blanched and shelled
- ½ cup sinkamas, sliced thinly
- ½ cup cabbage, shredded
- 1 tablespoon celery, chopped
- ½ cup peanuts, dehulled and crushed
- Lumpia wrappers
- Lettuce leaves

Extract fat from pork. Set aside. Fry camote in pork fat. Set aside. Saute garlic and onion. Add shrimps, shrimp juice and pre-cooked pork. Season with patis. Simmer for 3 minutes. Add soybeans. Boil for 12 minutes. Add sinkamas, cabbage and pre-cooked camote. Cook for 3 minutes. Add celery and sprinkle half of the peanuts. Cook for one minute. Wrap 2-3 tablespoonfuls of the mixture in lumpia wrapper with lettuce leaves, sprinkling the rest of the peanuts on the mixture.

Sauce:

- 1 cup water
- ¼ cup brown sugar,
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch dispersed in 4 tablespoons water
- 4 segments garlic, minced.

In a saucepan, caramelize sugar over low heat. Add all other ingredients and cook until thick. Stir constantly to prevent burning.

Green Soybean Ukon

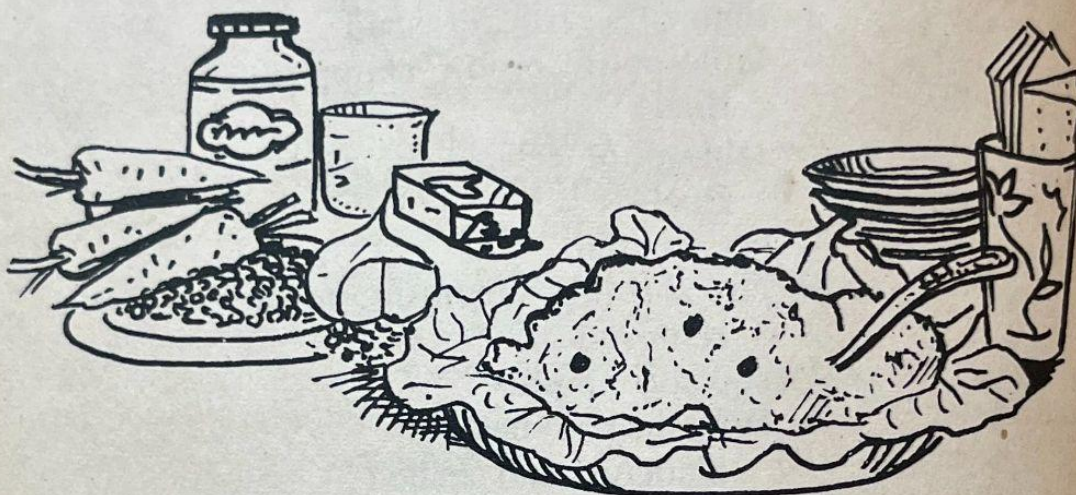
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{4}$ cups flour
- 2 tablespoons cornstarch dispersed
in 2 tablespoons water
- 2 segments garlic, crushed
- 2 tablespoons onion, chopped
finely
- $\frac{1}{2}$ tablespoon celery, chopped
finely
- 1 egg, beaten
- $\frac{1}{4}$ cup shrimps, tagunton, heads
removed
- $\frac{2}{3}$ cup shrimp juice
- $\frac{1}{2}$ cup green soybean,
blanched and shelled
- $\frac{1}{4}$ cup vegetable oil

In a bowl, mix all ingredients except oil. Fry 1 tablespoonful of the mixture over medium fire. Serve with vinegar and spices.



IN SALADS

Green Soybean -Carrot Salad



- 2 cups green soybeans,
blanched and shelled
- 4 cups water
- 1 cup carrot, shredded
- 2/3 cup raisins
- 1 cup sinkamas, shredded
- 3/4 cup mayonnaise
- 1½ teaspoons salt

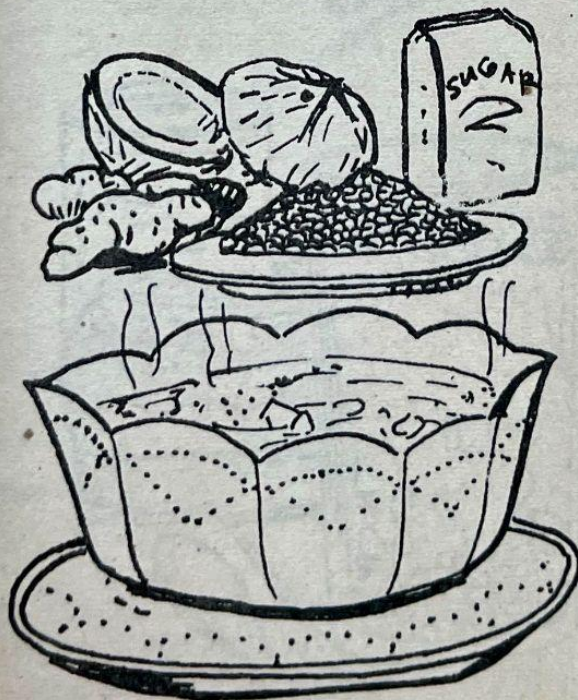
Boil soybeans in water for 10 minutes. Drain off the water. Mix all ingredients lightly. Serve in a nest of lettuce leaves.

IN DESSERTS AND SNACKS

Green Soybean Guinataan

- 1 1/4 cups sugar
- 3/4 cup water
- 1 cup green soybeans,
blanched and shelled
- 1 cup yellow camote, cubed
- 1 1/3 cups coconut milk, thick
- 1 cup buko, grated

Prepare thin syrup with 3/4 cup water and 1/4 cup sugar. Add soybeans. Cook for 5 minutes. Add 1/2 cup sugar a little at a time. Cook for 10 minutes more. Add camote, coconut milk and the rest of sugar. Cook for 10 minutes more. While still hot, add buko. Serve hot or cold.



Green Soybean Halo-Halo with Sorghum Topping

- 1 cup green soybeans,
blanched and shelled
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup sugar
- 1 bar gulaman, cooked and
cubed
- 1 can sweet corn, drained dry
- 2 cups popped sorghum

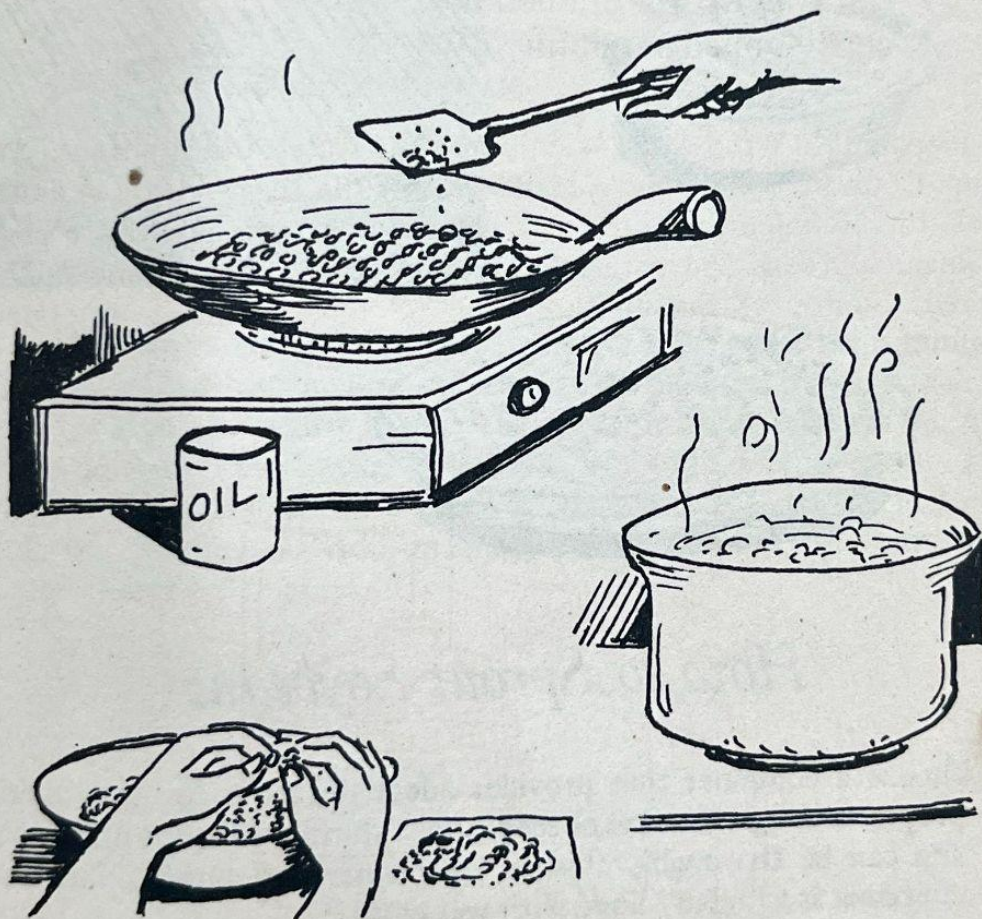
Prepare thin syrup with $\frac{1}{4}$ cup sugar and water. Add soybeans to the syrup. Cook for 5 minutes. Add the rest of the sugar a little at a time. Cook for 10 minutes more. In a glass, put 1 tablespoonful each of gulaman, soybeans and corn. Add crushed ice. Add sugar and milk as desired. On top of the mixture, add 2-3 tablespoonfuls of popped sorghum.



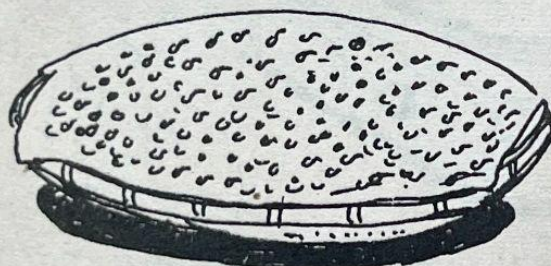
DRY SOYBEANS

COOKING TIPS

How to Shorten Cooking Time of Dry Soybeans



1. Wash the beans and soak them in water overnight.
2. Drain for 5 minutes.
3. Fry with cooking oil until golden brown.
4. Boil in water for 45 minutes.
5. Remove the bean coats.



How to Sprout Soybeans

1. Choose a container that provides adequate space for growth and proper drainage, that keeps seeds moist during the sprouting period and can be thoroughly flushed with water periodically. One such container is a "bilao" lined with wet cloth.
2. Soak soybeans overnight in water.
3. Rinse well.
4. Place soybeans on the "bilao". Cover with another wet cloth. Keep in a cool and dark place.
5. After three days, sprouts are ready for use.

IN SOUPS

Soybean with Malunggay

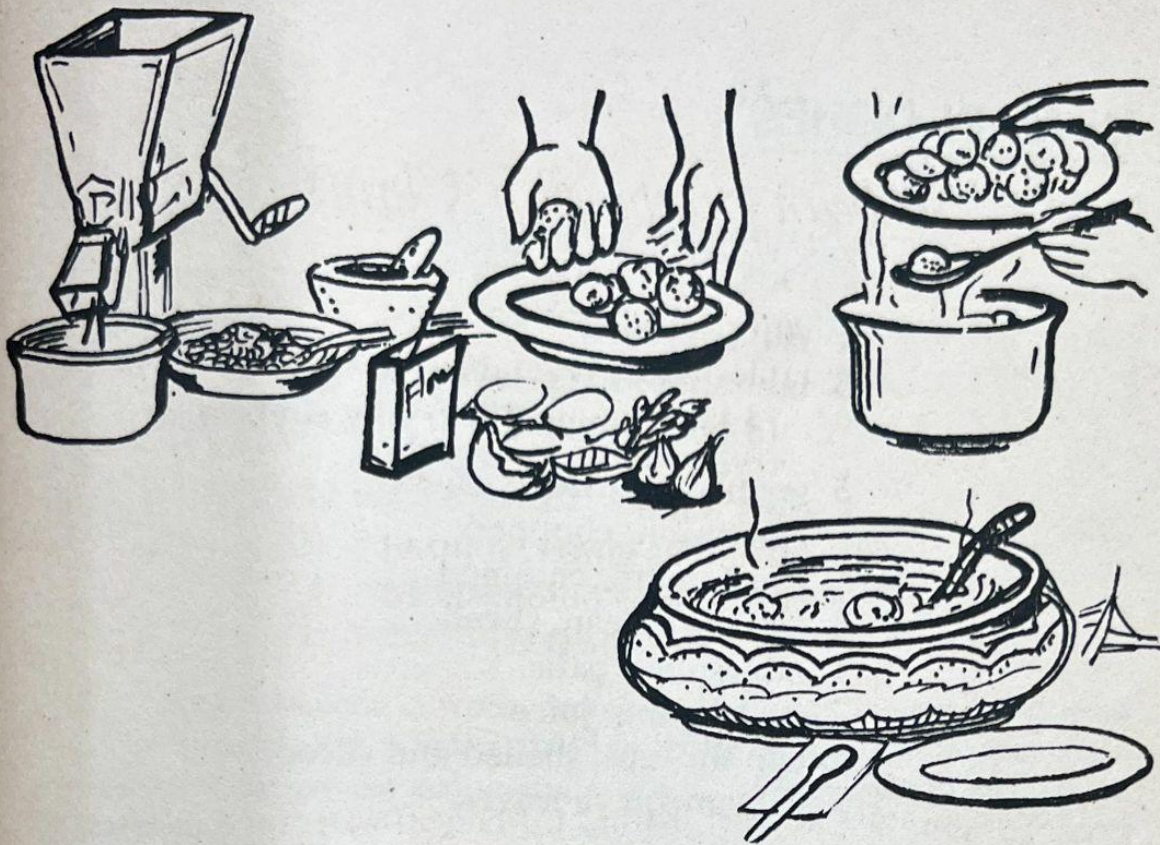
- 1 cup soybeans
- 4 tablespoons vegetable oil
(3 tablespoons for frying soybeans)
- 2 tablespoons onion, chopped
- 4 cups soup stock, (meat or
shrimp or bean)
- ½ cup lean pork, chopped
- 1 tablespoon patis
- 1/3 cup stringbeans, cut into ½ inch length
- 1/3 cup squash, diced
- 1 teaspoon salt
- 1 cup malunggay leaves.

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. (use drain water for stock.) Remove bean coats. Set aside. Saute onion in oil. Add the stock. Add pork. Season with patis. Boil until pork is tender. Add stringbeans and soybeans. Simmer for 5 minutes. Add squash and salt. Cook for 8 minutes. Add malunggay leaves. Cook for another 2 minutes. Serve hot.

Soybean Soup with Clams

- 1 cup soybeans
- 4 tablespoons vegetable oil
(3 tablespoons for
frying soybeans)
- 3 cups water
- 1½ teaspoons ginger, minced
- 2 tablespoons onion, sliced
- ½ cup clams, shelled
- 1½ teaspoons salt
- 1 cup green pepper leaves

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in 3 cups water for 45 minutes. Drain. (Use drain water for stock. Remove bean coats. Set aside. Saute ginger, onion and soybeans in oil for 3 minutes. Add clams and cook for 1 minute. Add water and simmer for about 5 minutes. Add salt and green pepper leaves. Cook until done. Serve hot.



Soybean Balls Soup

- 1 cup soybeans
- 8 tablespoons vegetable oil
(3 tablespoons for frying soybeans)
- 1/3 cup squash, chopped
- 1 egg, beaten
- 3 tablespoons flour
- 2 teaspoons salt (1 teaspoon for balls)
- 1/4 cup onion leaves, diced
- 4 tablespoons onion, chopped
(2 tablespoons for balls)
- 1 1/4 teaspoons pepper (1 teaspoon for balls)
- 4 cups soup stock (from beans and pork)
- 1/2 cup pork, lean, diced
- 1 teaspoon patis
- 2 tablespoons celery tops, chopped

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. (Use drain water for soup stock). Remove bean coats. Grind in meat grinder and mash finely with a pestle. Mix the soybeans, squash, egg, flour, salt, onion leaves, onion and pepper. Form into balls of 1/2-inch diameter. Set aside. Dilute soup stock to 4 cups. Add pork and cook until tender. Saute onion and add to soup stock. Add patis and boil. Slowly put in soybean balls. Cook for 10 minutes. Add celery and pepper. Cook for another 3 minutes. Serve hot.

IN MAIN DISHES

Soybean Guisado

- 1 cup soybeans
- 8 tablespoons vegetable oil
(3 tablespoons for frying soybeans)
- 5 segments garlic, crushed
- 1/3 cup onion, chopped
- 1/3 cup tomato, chopped
- 1 cup pork, lean, sliced
- 1 tablespoon patis
- 2 cups shrimp juice
- 1/2 cup shrimps, shelled and sliced
- 1/3 cup ampalaya leaves.

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. (Use drain water for preparing shrimp juice). Remove bean coats. Set aside. Saute garlic, onion, tomato, pork. Season with patis. Add shrimp juice. Boil until pork is tender. Add shrimps and soybeans. Boil for 10 minutes. Add ampalaya leaves. Cook for 3 minutes more. Serve hot.

Soybean in Tahure Sauce

- 2 cups soybeans
- 5 tablespoons vegetable oil,
(3 tablespoons for frying
soybeans)
- 1/2 cup lean pork, boiled and
sliced
- 1 segment garlic, pounded
- 2 tablespoons onion, chopped
- 1/2 cup tomato, chopped
- 1 square tahure, mashed
- 2 cups water

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. Remove bean coats. Set aside. Fry pork in oil until brown. Set aside. Saute garlic, onion and tomato. Add pork, tahure and water. Bring the mixture to a boil. Add soybeans. Cook for 10 minutes more. Serve hot.

Soybean Balls

- 1 cup soybeans
- 3 tablespoons vegetable oil
for frying soybeans (plus 2
cups oil for deep-frying balls)
- 1/3 cup squash, chopped
- 1 egg, beaten
- 3 tablespoons flour
- 1 teaspoon salt
- 1/4 cup onion leaves, minced
- 2 tablespoons onion, chopped
- 1 teaspoon pepper

Soak soybeans in water overnight. Drain for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. Remove bean coats. Grind in meat grinder and mash finely with a pestle. Mix all ingredients. Form into balls of 1/2 to 1-inch diameter. Fry in deep oil. Serve with catsup or tomato sauce.

Soybean Loaf

- 2 cups soybeans
- 1/2 cup milk, evaporated
- 2 eggs, beaten
- 4 tablespoons onion, chopped
- 4 tablespoons margarine, melted
- 2 tablespoons salt
- 6 tablespoons onion leaves, diced
- 2 teaspoons pepper
- 1/2 cup water
- 1/2 cup biskotso, pounded.



Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. Remove bean coats. Grind in meat grinder or mash with a pestle. Mix all ingredients. Put into a pan lined with margarine or oil. Bake for 20-30 minutes at 350° F. Serve with catsup or tomato sauce.

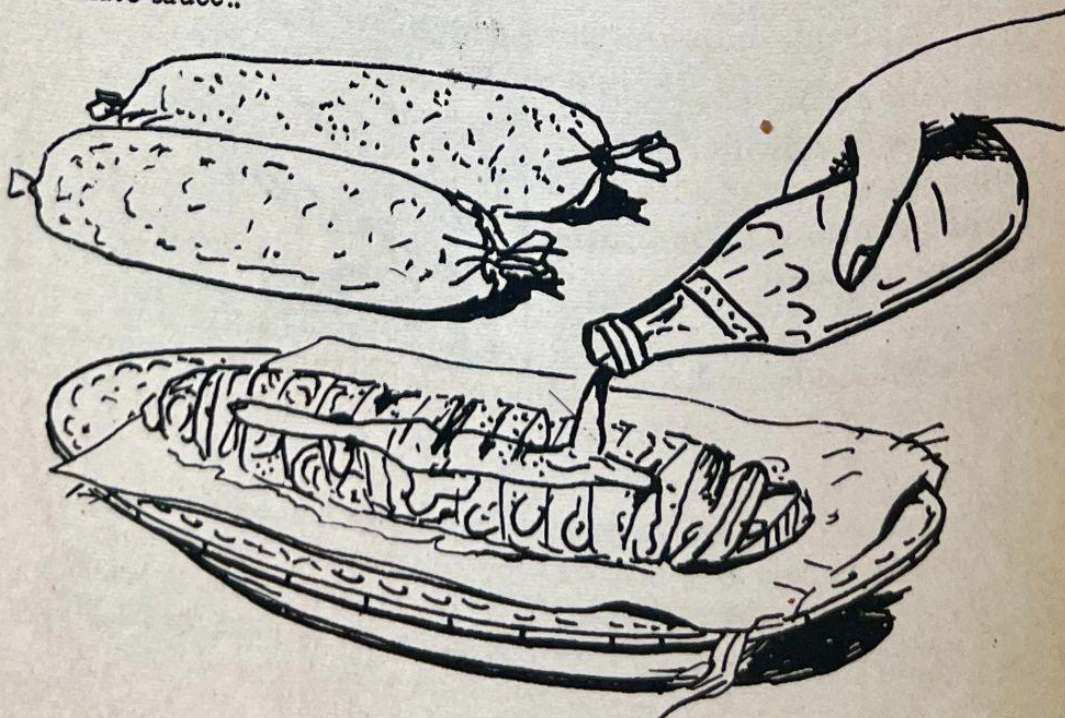
Soybean Embutido

- 4 cups soybeans
- $\frac{1}{2}$ cup vegetable oil (3 tablespoons for frying soybeans)
- 1 piece chorizo, ground
- 6 eggs (4 beaten, 2 hard-cooked)
- $\frac{1}{3}$ cup onion leaves, chopped
- $\frac{1}{4}$ cup celery, chopped
- $\frac{1}{3}$ cup onion, chopped
- $\frac{1}{2}$ sweet pickles, chopped
- 1 cup biskotso, pounded
- $\frac{1}{2}$ cup milk, evaporated
- $2\frac{1}{2}$ tablespoons salt
- 6 tablespoons flour
- 4 teaspoons pepper

"Sensal" for wrapping

Oil to brown the "sensal" wrapping

Soak soybeans in water overnight. Drain for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. Remove bean coats. Grind in meat grinder and mash with a pestle. Mix all ingredients except the hard-cooked eggs. On a piece of clean cloth, spread the mixture over "sensal". Arrange hard-cooked eggs (cut in quarters) on the mixture. Roll into desired shape and wrap. Tie at both ends. Cook by steaming for about 45 minutes. Unwrap and fry in hot oil until golden brown. Cool and slice into serving portions. Serve with catsup or tomato sauce..



Soybean Ukoy

- 3 tablespoons vegetable oil
(for frying soybeans)
- 1 cup soybeans
- 1 cup flour
- ½ cup shrimp juice
- 2 tablespoons onion, chopped
- 1 egg, beaten
- 1 cup green papaya, grated
- ½ cup shrimps, tagunton, heads removed

Vinegar
Garlic

Soak soybeans in water overnight. Drain off water for 5 minutes. Fry until golden brown. Boil in water for 45 minutes. Drain. Remove bean coats. Set aside. In a bowl, mix flour, salt, shrimp juice, onion and egg. Add papaya, shrimps and soybeans. Stir. Fry in deep oil serving portions of the mixture. Serve with vinegar-garlic sauce.

Soybean Sprout with Sotanghon

- 1 tablespoon vegetable oil
- 1 tablespoon onion, chopped
- 1/4 cup shrimps, shelled and sliced
- 1 cup soybean sprouts
- 1/2 cup shrimp juice
- 30 grams sotanghon, soaked
and cut

Saute onion, shrimps and soybean sprouts. Add shrimp juice, salt and pepper. Cook for 10 minutes. Add sotanghon. Cook for 3 minutes more.

Soybean Guinataan

- 1 cup soybeans
- 3 cups water
- 1¼ cups sugar (¾ cup for pre-cooking soybeans)
- 1 1/3 cups thick coconut milk
- 1 cup camote, cubed
- 1 cup buko

Boil soybeans in water for 55 minutes until tender. During the first 15 minutes, add 1/4 cup sugar at intervals of 5 minutes. Continue boiling for the rest of the time. Cool and drain. Add soybeans and the rest of the sugar to coconut milk. Boil for 7 minutes. Add camote. Cook until done. While still hot, add buko. Stir. Serve hot.

Rice Guinataan with Soybeans

- ¼ cup soybeans
- 1 cup "malagkit" rice
- 3½ cups water
- 5 cups coconut milk, diluted
(later extractions from 2 coconuts)
- ¾ cup sugar
- ½ teaspoon salt
- 1 cup thick coconut milk (first
extraction from 2 coconuts)

Roast soybeans until dark brown. Break the grains using a rolling pin or pestle. Separate the hull. Mix malagkit rice with the roasted soybeans and boil with water and diluted coconut milk, stirring once in a while to keep from burning at bottom. Add sugar and salt when rice is cooked. Serve hot or cold, topped with thick coconut milk.

Soybean Ice Candy

- 1 cup soybeans
- 1 cup water (for boiling soybeans)
- 2 cups whole milk
- 1 cup sugar
- 1 teaspoon vanilla
- 1 tablespoon salt

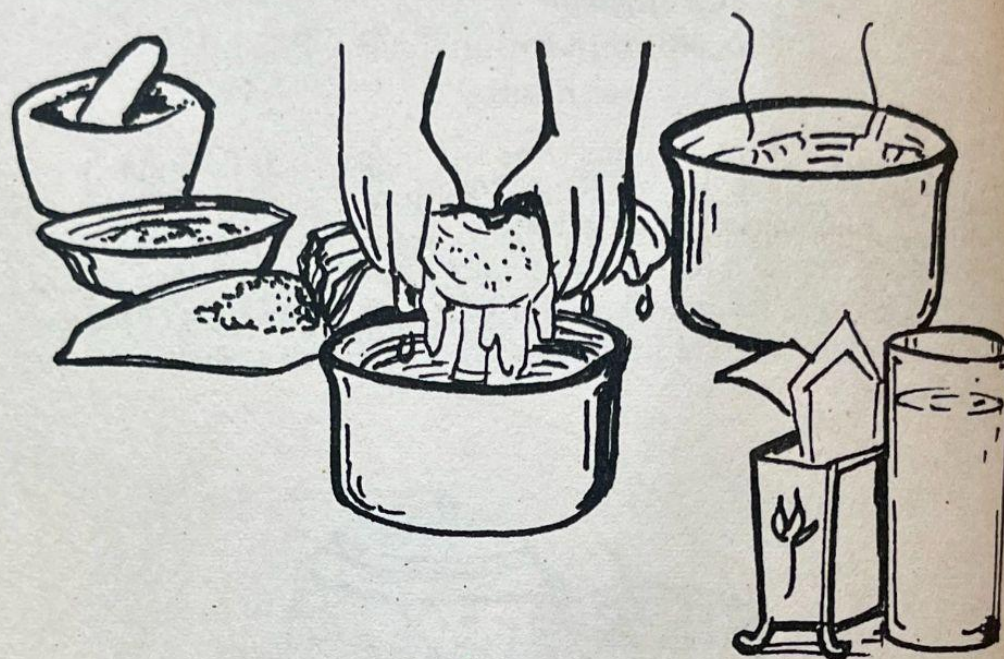
Soak soybeans in water overnight. Drain. Blend with boiling water for 10 minutes using a blender. Extract soybean milk with a cheese cloth. Freeze until mushy. Remove half-frozen soybean milk and the other mixture from freezer. Whip the soybean milk until light. Fold into it the other mixture until they are well blended. Add the toasted pulp. Freeze.



Soybean Coffee

- 1 cup soybeans

Clean soybeans of dust and other foreign materials. Roast in a frying pan for 3 minutes at low heat until medium brown. Grind finely with a meat grinder or a mortar and pestle. Brew just like ordinary coffee.



Soybean Milk

- 1 cup soybeans
- 3 cups cooking water

Soak soybeans in water overnight. Rinse well in water. Drain. Cook in boiling water for 30 minutes. Drain. Grind beans finely with a meat grinder or a mortar and pestle. Mix with the cooking water. Pass the mixture through a cheese cloth bag. Squeeze out the milk. Boil the milk for another 15 minutes.

Soybean Polvoron

- 2 cups soybeans
- 2 cups milk, powdered
- $\frac{1}{2}$ cup sugar
- 6 tablespoons margarine, melted

Grind soybeans to flour size. Sift flour. Toast flour in frying pan until brown. In a bowl, mix flour, sugar and margarine. Press serving portions of the mixture into the mold. Wrap in paper.

